

ABSTRACT

The efficacy of Glucosamine plus Prednisolon compared to Glucosamine in the treatment of patients with knee osteoarthritis.

Background: Osteoarthritis is the most common cause of patients referred to the rheumatological clinic. It is a chronic and progressive disease of joints. This study aimed to compare the effectiveness of Glucosamine plus Prednisolon regimen to the Glucosamine in the treatment of knee osteoarthritis.

Material and methods: This clinical- trial study recruited 55 patients with osteoarthritis referred to rheumatology clinic of Ardebil Imam Khomeini hospital. These patients were randomly allocated in two groups. In the first visit, subjects were interviewed using WOMAC questionnaire. The first group (30patients) was given Glucosamine (750mg/daily) plus Prednisolon (5mg/daily) and for the second group (25patients) Glucosamine (750mg/daily) was administered. Patients were followed up to 12 weeks and reinterviewed in six and 12 weeks after first visit. The collected information were entered in SPSS, for statistical analysis using chi- square, T test and non parametric tests of Friedman and u mann whitney.

Results: 39 patients (70/9%) were female and 16 patients (29/1%) were male. In overall, patients under Glucosamine plus Prednisolon had shown a better treatment response than those under Glucosamine ($p= 0/001$). A better response to treatment was seen in double drug therapy in low weight patients ($BMI<30$) compared to mono drug therapy ($p= 0/001$). There was not a significant difference between two groups in the response to treatment in overweight patients ($BMI>30$).

Conclusions: This finding shows that combination of two drugs (Glucosamine plus Prednisolon) has a higher response to treatment compared to mono drug (Glucosamine). Therefore it could be suggested for the treatment of osteoarthritis particularly in the low weight patients.

Key words: Glucosamine, Prednisolon, Osteoarthritis, combination Therapy.